



## Sleep Study Equipment Removal Instructions

The morning after the sleep study, all equipment should be removed as instructed below. There is no need to turn off the device, as the device will stop recording on its own.

### 1. Finger Sensor (Oximeter):

- a. Remove any tape from the hand and remove the oximeter finger probe from the tip of the finger.
- b. Loosen the Velcro wrist strap and remove the Nonin (pulse oximeter) unit from the wrist.
- c. Place the pulse oximeter unit and cable into the black Nox Medical case.



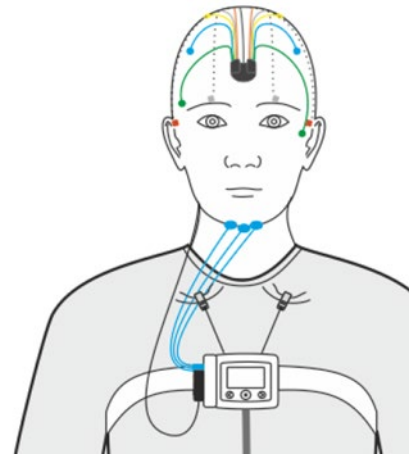
### 2. Nasal Cannula:

- a. Remove the plastic nasal cannula from the nose and gently pull the cannula out of the side of the Nox A1 unit.
- b. The nasal cannula should be discarded into a trash bin.

### 3. Head and Face Sensors:

There are 6 sensors on the scalp, 1 on the forehead, 1 behind each ear, 1 beside each eye, and 3 on the chin, as shown in the image. These sensors will have conductive paste on them when they are removed. There is a Ziploc bag provided in the Nox bag. The ends of the sensors that contain paste can be placed into the Ziploc bag when they are removed.

- a. Take care not to pull on the flexible wire, begin by removing the 6 sensors on top of the head. Carefully grip each sensor and gently peel the sensor away from the scalp.
- b. The sensors behind each ear are held in place with tape. Be careful not to pull on the sensor wire, gently peel the tape from each sensor and remove the sensor from behind each ear.
- c. The sensors next to each eye are held in place with tape. Be careful not to pull on the sensor wire, gently peel the tape from each sensor and remove the sensor next to each eye.
- d. Carefully unsnap the black sensor cable from the adhesive patch on the forehead. The cable and all sensors can be placed inside the plastic Ziploc bag provided by the study staff. Carefully peel the adhesive patch off the forehead and discard the patch.
- e. The sensors on the chin may be held in place with tape or gauze. Be careful not to pull on the sensor wires, gently peel the tape or gauze from each sensor and remove the sensors from the chin. The ends of the sensors containing paste or gel can be placed in the Ziploc bag with the other sensors.



4. **Breathing Belts:** The breathing belts are held in place by snaps. There are 2 snaps on the back of the Nox A1 unit that secure the white belt around the chest, and two snaps on the back of the small black abdominal cable unit that secure the white belt around the stomach.

- a. Carefully unsnap all 4 snaps attached to the white effort belts and remove the belts.

- b. The white effort belts can be discarded into a trash bin

**Note:** Please be sure NOT to discard the small black cable, the belt around the stomach is attached to.



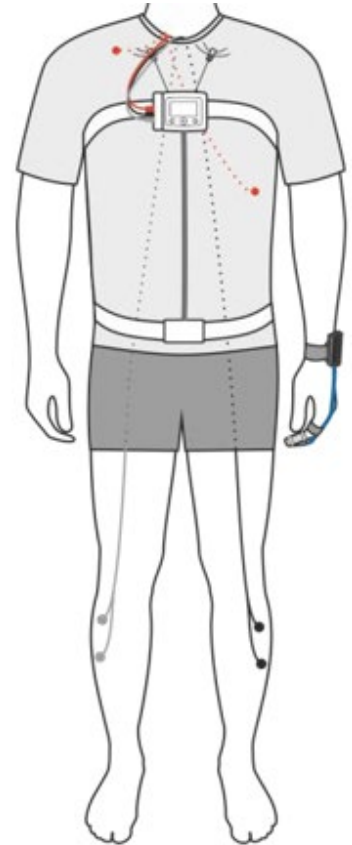
5. **Leg and Chest Sensors:**

- a. There are 2 sensors on each leg as shown in the image on the right. Take care not to pull on the flexible wire, grip each round sensor snap and carefully unsnap each of the snaps from the left and right leg sensors.

- b. There are 2 sensors on the chest, indicated by the red dots on the image, that each have a single snap. Unsnap each of the snaps from the sensors.

- c. Gently pull the red wire that runs down through the shirt that was attached to sensors on the chest outside of your shirt. Gently pull the wires that run down the left and right legs outside of your clothing.

- d. The adhesive sensors on the legs and chest can be gently removed immediately or in the shower after all equipment is removed and discarded. The red, grey, and black wires should remain connected to the Nox A1 device.



6. While holding the sleep device in one hand to prevent it from dropping, gently squeeze one of the silver clips to release the device from the neck strap.

7. Place the sleep device and cables into the black Nox Medical case.

8. Return the sleep equipment to the study site as instructed by the study staff.